



STATEHOUSE OBSERVER

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2003

July

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September

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World Day on the Mall

The annual World Day on the Mall celebration will be held on September 9, 2003, from 11:30 a.m. to 1:00 p.m. on Centennial Mall outside the State Office Building. This annual event celebrates the diverse cultures in the Nebraska and honors the daily contributions of Nebraska's State employees.

As always the World Day on the Mall will host a variety of food and information vendors from various cultures. Sponsors for this years event are Union Bank and Southeast Community College. Scheduled vendors for 2003 include:

Indian Taco
Taj Mahal
Camelot Concessions
Paul's Old Style Barbecue
Los Mendoza
Commission on the Status of Women
City of Lincoln/Lancaster County
Lincoln City Libraries
HHS Office of Women's Health
Lincoln Action Program
HHS Diversity Committee
Bryan LGH Medical Center
Lincoln Commission on Human Rights
Lincoln Literacy Council
Nebraska State Employee Credit Union
Animal Control
Children's Museum
UN - L Public Policy Committee
Every Woman Matters
NIS
Lancaster County Health Department
Department of Roads

Please call Charles Roberson at (402) 471-3678 or e-mail at croberso@notes.state.ne.us with any questions or comments.



Rich Ruby Has Donated 14 Gallons of his Ruby Rich Blood

LoyAnn Rossel RN COHN-S

Since the 1970s, Richard Ruby the District 1 Engineer for the Nebraska Department of Roads has routinely donated his blood. He recently gave his 113th pint! (8 pints in a gallon, so 113 pints = 14.125 gallons.)

When I worked in the hospital setting, I would always be in awe of that bag of blood when I had to administer it to a patient in need. I was impressed that someone was willing to give not only some of their time, but could look past the discomfort of having a needle inserted into their arm. For all of those who have donated, thank you!

Recently, there has been a plea from the blood banks for blood to be shipped to the military during the current war in Iraq. The Community Blood Bank has pledged a weekly emergency supply of 400 units for the military. Donors have to be at least 17 years of age and over 110 pounds. Blood can be donated every 8 weeks.

Facts about Blood

- Blood makes up about 7% of the body's weight.
- We have about 14 to 18 pints of blood in our body.
- One pint of blood equals about two cups.
- There is no substitute for human blood.
- Less than 5% of the American population donates.
- You can't get HIV from donating blood.
- The actual blood donation takes about 15 minutes.
- Fewer than 5% of healthy Americans actually donate.

Show your support, and be the type that gives.

Contact the Community Blood Bank at 1-877-486-8414. In Lincoln, call 486-9414.

E-mail lifesaver@don8bld.org for an appointment.

2004 White House Easter Egg Artistry Contest

The 2004 White House Easter Egg Artistry Contest is underway! The American Egg Board (AEB), in conjunction with the Poultry & Egg Division of the Nebraska Department of Agriculture, is again sponsoring this statewide contest. For the past ten years, the White House has asked AEB to coordinate a display of decorated eggs during the Easter season. The display consists of one egg from each state in the country, as well as the District of Columbia.

Annually, each state selects an artist for this prestigious honor. In Nebraska, a statewide contest is held. The winning egg from the state of Nebraska will be sent to the American Egg Board for the 2004 White House Easter egg display. The egg should be decorated to represent some special feature(s) of the state of Nebraska.

All eggs submitted will be on display at the University of Nebraska State Museum (Morrill Hall) on the City Campus in Lincoln, Nebraska from September 4 through October 13, 2003 for public viewing and public judging.

Decorated eggs must be delivered or sent to Mary Torell on or before September 3, 2003 between 8:00 a.m. and 4:30 p.m. to A103 Animal Sciences (38th & Fair Streets) on UNL East Campus, Lincoln, NE. No late entries will be accepted.

Criteria for the contest includes:

- Each egg should be decorated to represent some special feature(s) of the state of Nebraska. Eggs **cannot** be a duplicate of previous years' winners.
- Previous Nebraska winning artists are eligible to enter the contest.
- An amateur or professional artist who is a Nebraska resident should decorate the egg. Only one egg entry per artist.
- Only a USDA Grade A large chicken egg with contents removed, is to be utilized. (No ostrich, duck, goose or quail eggs are eligible).
- The small end of the egg must be facing upwards.
- Eggs must be freestanding, without a base, stand or hanger. A stand will be provided for displaying the egg. Egg must be able to stand on a base, not hanging on a hook.
- Decorating medium and technique are entirely up to the artist's discretion.
- One winning egg will be selected by the most votes received from public judging.
- The winning artist must duplicate the winning egg.
- The winning egg from the state of Nebraska will be sent to the American Egg Board for the 2004 White House Easter egg display, where it then becomes property of the White House.



Women and Heart Disease

LoyAnn Rossel RN COHN-S

A female acquaintance confides in you that she has been having symptoms of slight pressure of the chest, shortness of breath, and has been perspiring on and off for the last hour. Do you assume that she is just stressed and is suffering with anxiety? Do you tell her that maybe she needs to rest and relax?

You should be thinking heart problems first, just like you would if it was a male presenting these problems. She needs to be taken to an emergency room (preferably by ambulance) as soon as possible.

We still have a problem connecting women with heart disease.

We are creatures of habit and we are used to thinking of heart disease as mainly a male problem. It is as much a problem with females, too.

A story I heard recently was about a family whose father was in the hospital with a heart attack. The physician looked past the daughters and informed the sons that they needed to have a physical soon, to rule out heart disease since it was in the family. All of his children decided to get a physical. The sons' physicals were normal. The daughters had severely elevated cholesterol readings.

Go onto www.saintelizabeth.com for a free confidential heart health assessment.

So, now that you have read this, what are you going to do if a female presents to you some symptoms of a heart attack?

Exemplary Committee Service Honored by the NPA

Dr. Richard Raymond, Nebraska's Chief Medical Officer was honored by the NPA as the 2003 recipient of the AmerisourceBergen Annual Exemplary Committee Service Award. This award traditionally honors a member or a group of members who have served on a NPA committee offering their time and talent above and beyond the call of duty.

Dr. Raymond has led the charge in Nebraska, putting Nebraskans in the forefront of bioterrorism preparedness, especially with rural issues never previously addressed. The bioterrorism committees and consortiums that have been developed since 9/11 have been instrumental in Nebraska's planning efforts, all under the direction of Dr. Raymond and his staff. Bringing together every interested party in the state has been no easy task, but the efforts of the committees and Dr. Raymond have not gone unnoticed. The Award was presented during the Association's 121st Annual Convention in Kearney on Saturday, June 7, 2003.

The Nebraska Pharmacists Association is the professional association of the state's pharmacists. This 1400 member association provides professional education for its members and community services to the residents of Nebraska.

Here are some interesting facts.

- The #1 killer of women before 1900 was childbirth, due to infections. (The risk of death decreased when the medical profession discovered the importance of hand washing!)
- The #1 killer of women since 1900 is cardiovascular disease (CVD.) This is a disease of the heart and its blood vessels.
- Add up the next 14 causes of death in women and the total will be less than the number of women who die from CVD alone!
- A woman's symptoms of heart attack may be different than a man's symptoms. Her symptoms are usually not as alarming. She may have some chest pressure, but it is only a slight discomfort. Denial seems to be a huge factor with women, so she is less likely to seek medical assistance.
- If a woman has a heart attack, she is more likely than a man to die from it. Her small blood vessels make her a poorer candidate for surgery.
- Remember of the 1.1 million Americans that have a heart attack each year and the 460,000 that die from it, half of them are women.
- You don't have to make drastic changes to decrease your chances of heart disease; just get up and start walking!



Employee Recognition Schedule

The annual employee recognition ceremonies will be held at the following locations. Invitation will be sent during the month of September. *Times and dates are subject to change.*

Grand Island

October 1 1:30 p.m.
10, 15, 20, 25, 30, 35, 40 Years Service Awards
College Park, Auditorium
3180 West Highway 34

North Platte

October 7 10:00 a.m.
10, 15, 20, 25, 30 Years Service Awards
Mid Plains Community College Little Theater
601 West State Farm Road

Scottsbluff

October 7 1:30 p.m.
10, 15, 20, 25, 30, 40 Years Service Awards
University Panhandle Station, Auditorium
4502 Avenue "I"

Beatrice

October 9 1:30 p.m.
10, 15, 20, 25, 30, 35, 45 Years Service Awards
Beatrice State Developmental Center, Carstens Center
3000 Lincoln Blvd.

Omaha

October 14 1:30 p.m.
10, 15, 20, 25, 30, 35, 45 Years Service Awards
Westside Community Conference Center
3534 South 108th Street

Norfolk

October 17 1:30 p.m.
10, 15, 20, 25, 30, 35, 40 Years Service Awards
Norfolk Veterans' Home
600 East Benjamin Avenue

Lincoln

October 23
10, 15, 20, 25, 30, 35, 40, 45, 50 Years Service Awards
State Capitol, Warner Legislative Chamber
8:30 a.m. (10 Years)
10:30 a.m. (15 Years)
1:00 p.m. (30, 35, 40, 45, 50 Years)
3:30 p.m. (20, 25 Years)
Reception following each ceremony:
Rm. # 1023 State Capitol

Employee of the Year -

Supervisor/Manager of the Year Ceremony
October 28 10:00 a.m.
State Capitol, 2nd Floor Rotunda
(reception following at the Governor's Residence)



National Management Association
Nebraska State Government Chapter
EXPO 2003: "Leap To Success"
Thursday October 2, 2003
Nebraska State Capitol

To access in detail, information about speakers and their topics, or for another registration form please visit the Nebraska State Government Management Web site: <http://www.nol.org/home/NMA/>

8:00 a.m. - Rotunda Registration
8:30 a.m. - Warner Chamber Welcome/Introductions-Charlene Gondring, Chapter President
8:45 a.m. - Warner Chamber Keynote Address - Honorable Laurie Smith Camp
9:40 a.m. - Room 1023 Break
10:00 a.m. - 11:15 a.m. Workshops
 A *Looking While You Leap: Effective Leadership in Difficult Times* - Annette Harmon
 B *The Slight Edge of Leadership* - John Dumonceaux
 C *How's Your Laugh Life* - Patricia Harper
11:15 a.m. - 12:30 p.m. Optional Lunch (\$13.00)
 Governor's Mansion
 Jeff Koterba, Editorial Cartoonist *Omaha World-Herald*

OR

..... Lunch on your own
12:30 p.m. - Warner Chamber Keynote Address
 Gene Crump, J.D., Asst. General Counsel, U of NE
1:30 p.m. - 2:30 p.m. Workshops
 D Security in Management - David Gates
 E How to Build Better Working Relationships - Bret Corbridge
 F To Be Announced
2:30 p.m. - 2:50 p.m. Break
 Room 1023
2:50 p.m. Manager of Year & Team of Year Awards
 Gov. Mike Johanns
 Warner Chamber
4:00 p.m. Reception
 Hruska Law Center

No Registration Fee - Pre-registration preferred by September 22, 2003
(There will be a \$13.00 fee for those who wish to attend the optional luncheon.)

Please cut here and return your registration to:

Shirley Deethardt
Health and Human Services
Tobacco Free Nebraska
301 Centennial Mall South/Box 95044
Lincoln, NE 68509-5044

or e-mail your selection to: shirley.deethardt@hhss.state.ne.us

Name _____ e-mail _____

Agency/Division _____

10:00 a.m. Workshops	1:30 p.m. Workshops
<u> A. </u>	<u> D. </u>
<u> B. </u>	<u> E. </u>
<u> C. </u>	<u> F. </u>

Please indicate a first and second choice in each concurrent session.

***Please circle the identifying letter of the workshop when requesting an Interpreter for the Hearing Impaired.

Optional Luncheon at the Governor's Mansion (\$13.00 Limited Seating)
 Yes No

Include check with registration) Make check payable to: **NMA**





Why Buy Recycled?

1. Conserves Resources and Energy
2. Creates Jobs & Economic Opportunities
3. Creates New Markets
4. Reduces the Disposal of Recyclable Materials
5. Saves Money
6. Reduces Pollution from the Manufacturing Process
7. Sets an Example for the Private Sector
8. Strengthens Organizational Image
9. For Future Generations
10. and...because it's the right thing to do!



State Recycling News

Be an Environmental Partner

Did you know you have the power to make an impact on our environment?

Consider this. All the ink jet cartridges used worldwide would crisscross the U.S. twice if laid end-to-end. All the toner cartridges used every year worldwide in laser printers, faxes, and personal copiers would encircle the globe with a few thousand miles to spare. Unfortunately, about 75% of the ink jet cartridges and 90% of laser printer, fax, and photocopier cartridges are discarded after their initial cycle. The vast majority goes straight to our landfills.*

Did you know that most toner and ink jet cartridges are manufactured outside of North America? The number of printers in use and the number of cartridges being consumed will continue to grow throughout the decade. Environmental issues are growing due to consumer demand for environmentally responsible products and services, and increasing public concern about global warming and other environmental problems.

You have the power to impact our environment. To be a partner in recycling, your empty toner and ink jet cartridges should be remanufactured. A remanufacturer takes a used product normally destined for landfills and remanufactures it to the original equipment manufacturer's (OEM) quality. They contribute to our economy by employing people, selling their remanufactured products to businesses, and diminishing the burden on our landfills. Remanufacturers offer smart solutions for high-priced laser printer and fax copiers. Through better understanding, we can all change things. Our own individual efforts do make a difference.

** Source: October 2002 issue of Imaging Spectrum Magazine, a monthly publication of the International Imaging Technology Council, Las Vegas, Nevada.*

We would like to take this opportunity to thank Ursula Garbien, President of Advanced Laser Systems and Services, Inc. located in Omaha, Nebraska for this most informative article.

Auction Information

DAS Surplus Property

July 26 - Used Furniture Auction
September 27 - Used Furniture Auction
October 11 - Used Car/Vehicle Auction
November 22 - Used Furniture Auction

(The above dates are subject to change depending upon availability of merchandise)

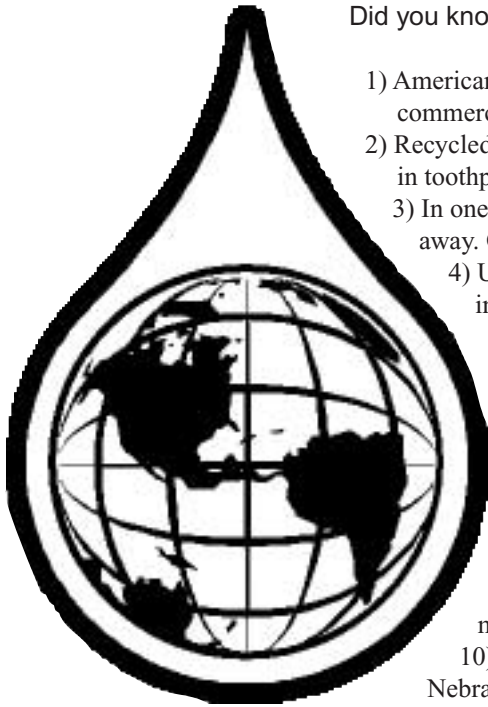
University of Nebraska-Lincoln Surplus Property

August 9 -Used Furniture Auction
For future dates see web site: <http://inventory.unl.edu>

University of Nebraska-Omaha Reuse Store Sales

UN-O doesn't have auctions. They have reuse store sales. These are open surplus sales where they put tags on everything and it is priced to move. Cash or checks only. They advertise in the World-Herald and the Thrifty Nickel. They don't have a web site. Please call Jacque Diggle at 402/559-5899 for more information. There is an auction scheduled for the fall of 2003, but no date has been set.

This impacts the REUSE aspect of recycling.



Did you know?

- 1) Americans throw away enough aluminum in three months to rebuild all of our commercial airplanes.
- 2) Recycled tin is so pure that it is used to make stannous fluoride, the “cavity fighter” in toothpaste.
- 3) In one year an estimated seven million tons of clothing and other textiles are thrown away. Only 12% are reused or recycled!
- 4) Used plastic soda & juice bottles are used to make carpets, insulating materials in clothes and sleeping bags, strapping, scouring pads, auto parts, paint brushes, bottles and other things like tennis balls!
- 5) Currently, the only source for new tin in the U.S. is from recycling used tin cans!
- 6) Every American produces nearly five pounds of waste per day – almost twice as much as 40 years ago.
- 7) Recycling one ton of plastic saves 2,000 gallons of gasoline.
- 8) Americans throw away enough office and writing paper annually to build a 12-foot high wall from Los Angeles to New York.
- 9) Every ton of aluminum cans recycled reduces greenhouse gas emissions as much as taking three cars off the road.
- 10) New Jersey has the highest recycling rate of all the states —56%! Come on Nebraska, we can do better than that!

Anyone that has any thoughts, comments, suggestions and/or ideas regarding recycling, please contact our office. We would really like to hear from you.

Dave McGuire, Recycling Manager
402/471-2293
dmcguire@notes.state.ne.us

Charlie Wink, Recycling Coordinator
402/471-2431
cwink@notes.state.ne.us

LRC HR Hotties

Just in case you can’t read the temperature, Kari wants to make sure you know that it really is reading 99 “fun-loving” degrees.

When the air conditioning went out at the administration offices at Lincoln Regional Center, the staff smiles kept on going! This photo speaks volumes to the kind of spirit they have. They are actually smiling, even though it was 99 degrees in their office! The next day the temperature reached 101 in the office. Fortunately, they all kept their cool.

Best quote of the day? “The mind is a terrible thing to baste.”



Pictured are (left to right) Kari Holman (HR Assistant), Joni Dulaney (HR Assistant), Kelly Wilbur (HR Officer).



IIF

Interactive Information Forum
The next IIF is September 30, 2003
Doors open at 8:00 am...

Location:
Lancaster County Extension
444 Cherrycreek Rd
Lincoln NE 68524

Tired of the HOT Nebraska summer?

Come in from the heat and plan to attend the September 30th
Interactive Informational Forum!

The temperature should be cooling down, but some HOT items are
on the agenda...

Cultural Diversity in the work force and surrounding issues
ADA issues and cautions
Immigration and Hiring/Retaining Foreign Workers
NIS Position Control
Re-employment Program
Benefits Open Enrollment

DAS-State Personnel links

State Personnel has a wealth of information online for use
by employees and agencies. Make the internet your first
stop when seeking information.

Employee Information

- **Benefits Information and Forms**
<http://www.das.state.ne.us/personnel/benefits/>
- **State Holiday Schedule**
<http://www.das.state.ne.us/personnel/holidayschedule.htm>
- **State Suggestion System** (online form)
<http://www.wrk4neb.org/idea/>
- **Training Opportunities**
<http://www.das.state.ne.us/personnel/nkn/>

Newsletters

- **Affirmative Action Quarterly**
http://www.das.state.ne.us/personnel/aa_newsletters.htm
- **Statehouse Observer**
<http://www.das.state.ne.us/personnel/observer.htm>

Job Hunting

- **Apply for State jobs online**
<https://www.wrk4neb.org/jobapp/>
- **Current vacancies**
<http://www.das.state.ne.us/personnel/nejobs/per.htm>

Classification

- **Job Specifications**
<http://www.das.state.ne.us/emprel/JobSpecs/>
- **Nebraska Classified System Personnel Rules**
<http://das.nol.org/personnel/nerules/>

Mark Your Calendar!

September

- 1 Labor Day
State Holiday
- 9 World Day on the Mall
- 11 Patriot Day

October - Employee Recognition Month *

- 13 Columbus Day
State Holiday

* details on page 4

November

- 11 Veterans Day
State Holiday
- 27 Thanksgiving
State Holiday
- 28 Day after Thanksgiving
State Holiday

December

- 13 Christmas
State Holiday

January

- 1 New Years Day
State Holiday

*Note: Veterans Day was incorrectly printed
as November 10 an earlier
issue.*

STATEHOUSE OBSERVER

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to be the employer of choice.

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